

ABSTRACT OF THE DISCLOSURE

An exercise device is configured to provide adjustable resistance to the motion of a user exercising with the exercise device. The exercise device includes a frame that at least partially supports an operable assembly. Cooperating with the operable assembly is a resistance assembly that provides a resistance adjustable by the user of the exercise device. The resistance assembly includes an actuating assembly that engages with a pivoting arm. The actuating assembly includes a handle mechanism that is simple to operate and enables a user to easily select a desirable resistance level. A connecting member of the actuating assembly extends from the handle mechanism to a resistance member. Movement of the operable assembly moves the arm toward a fixed end of the resistance member. The connecting member temporarily lengthens the resistance member, while the resistance member inhibits such movement and provides resistance to the exercising user's motion.

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